

STAYING HEALTHY
IS IMPORTANT TO ME



My doctor said I should get a flu shot to protect myself AND the ones I love. So I did!

CDC

Get the Flu Shot!



The reasons are all around you.

CDC

At 65 I'm healthy, active and feel good.

I want to stay that way.

I get my flu shot every year.

CDC

WHERE TO WASH
Wash all surfaces thoroughly



CDC

ASK FOR A FLU SHOT



Flu is **still** spreading
Flu season can last into springtime

FLU SHOTS ARE AVAILABLE HERE

Protect yourself and your loved ones from flu & other germs by:

1. Keeping your hands clean
2. Covering your sneezes & coughs
3. Getting a flu shot

CDC

PATIENTS & VISITORS:
Wash Your Hands

BEFORE:
Eating or preparing food • Caring for someone sick



AFTER:
Going to the bathroom • Caring for someone sick
Blowing your nose • Coughing or sneezing
Touching garbage • Handling raw meat • Touching an animal

CDC

USE THESE TO FIGHT FLU

Patients & Visitors:



It's okay to ask health care providers if they have cleaned their hands.

CDC

Patients & Visitors:
WASH YOUR HANDS

BEFORE:
Eating or preparing food
Caring for someone sick



AFTER:
Going to the bathroom
Caring for someone sick
Blowing your nose
Coughing or sneezing
Touching garbage
Handling raw meat
Touching an animal

CDC

Are you ready?
Influenza season is here

Get your influenza vaccination
The flu season is here! Get your flu shot now to protect yourself and your family.

Vaccinate your patients
The flu season is here! Get your flu shot now to protect yourself and your family.

Protect your community
Protect the flu season by getting your flu shot now. Get your flu shot now to protect yourself and your family.



CDC

DO YOUR PART TO KEEP VETERANS HEALTHY

COVER your coughs and sneezes



CLEAN your hands

Ask about your flu shot

CDC